Subject: Chat with Joshua Hawkins
From: Joshua Hawkins <josh.r.hawk@gmail.com>
To: barriticus@gmail.com

Joshua: we should workout like this in the mornings
Joshua: http://artofmanliness.com/2009/08/20/old-school-workout-daily-exercises-for-young-men-from-1883/
Joshua: http://artofmanliness.com/2009/05/07/become-strong-like-bull-the-kettlebell-workout/
Joshua: http://en.wikipedia.org/wiki/Bartitsu
Joshua: lololo
Joshua: l